

## Efficacy of modified preparation of *lekhanīya mahākaṣāya* in the management of *sthaulya* (obesity); a randomized controlled clinical trial

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Obesity is one of the most common metabolic disorders with about 7% prevalence among adults in the world. The obesity is termed as '*sthaulya*' in *Carakasamhitā*, one of the oldest documentation of diseases in *Ayurveda*. The literary statement given in the *Carakasamhitā* highlighted that the *lekhanīya mahākaṣāya* (LM) is useful in the management of *sthaulya*.

This study tested the efficacy of modified preparation of LM against the conventional preparation. Nine plant materials were used to prepare the trial drugs. LM-*yavakūṭha Cūrma* (LM-A) (Group A), the conventional form was prepared in the decoction form (*śvāta*) and LM-*bhāvanākṛta Cūrma* (LM-B) (Group B), the tested form was prepared in a powder form according to the *Baiśajyaratnāvalī*. Thirty obese patients visiting OPD of the Teaching Hospital of Gampaha Wickramarachchi Ayurveda Institute were recruited to the study after obtaining informed consent. The obesity was defined according to the Ayurvedic texts and WHO criteria. They were randomly assigned to the two treatment arms. Patients were given a pack containing drugs with necessary instructions. They were advised to administer the drugs two times a day (morning and evening). They were followed up for a period of 8 weeks with visiting the institution once in two weeks. Weights, heights and circumferences of arm, waist and hip were measured and body mass index (BMI) and waist to hip ratio (WHR) were calculated at end of the 2<sup>nd</sup>, 4<sup>th</sup>, 6<sup>th</sup> and 8<sup>th</sup> weeks.

There were no significant differences in clinical history and baseline characteristics between the two groups. WHR was significantly lower in different between two groups. WHR of patients in group B was significantly lower than that of the patients in Group A at the 8<sup>th</sup> week of follow up ( $p=0.026$ ). Feeling of sleepiness and bad odour was decreased among patients of Group B than those of Group A.

Results indicate that modified preparatory method of *lekhanīya mahākaṣāya* is effective in controlling obesity.

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